

OCTOBER 2026

East County First 5 Center | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040



Guide: W: Weeks, M: Months, Y: Years, Highlighted in Yellow: VIRTUAL class (Zoom), Highlighted in Blue: PARENTING class, Highlighted in Green: OFF-SITE class, Highlighted in Gray: NOT AVAILABLE FOR ENROLLMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00AM-10:00AM Help Me Grow (HMG) - BY INVITE ONLY 9:00am-10:00am Alphabet Mania Part 2 (3Y) CONTINUED. 10:00AM-11:00AM My Lileigh Pad Sensory Play (2Y-3Y) 10:30AM-11:30AM Help Me Grow (HMG) - BY INVITE ONLY 10:30AM-11:30AM Little Learners (2Y) 11:30AM-12:30PM Alphabet Explorers (3Y-4Y) OFFSITE - ENROLLMENT THROUGH PITTSBURG PUBLIC LIBRARY 2:00PM-3:30PM Roots & Wings: Growing Strong Black Futures (P) EQR AFRICAN-AMERICAN/ BLACK FAMILIES 3:30PM-4:00PM Summer to Fall (3Y) 4:00PM-6:00PM Full Court Dads (P) OFFSITE - ENG ONLY 5:00PM-6:00PM Dinosaur Explorers (3Y) 6:00PM-8:00PM Hacer de la Familia un Placer (P) SPA - CONTINUED. FOOD PANTRY 🍷 12:30PM-1:00PM, 2:30PM-5:30PM	2 9:30AM-10:30AM Toddler Time (2Y) 10:00AM-11:00AM Zumbini (2Y-3Y) 11:00AM-12:00PM Dance-Play-Learn (1Y) 12:00PM-1:00PM Parents Helping Parents (P) ENG ONLY	3 9:30AM-10:30AM Sensory Seekers (3Y) 11:00AM-12:00PM Hop, Bounce, Skip (2Y) 12:00PM-1:00PM Little Community Helpers (2Y-5Y)
5 9:00AM-11:00AM Triple P (P) SPA ONLY 10:00AM-11:00AM Nature Explorers (3Y) 11:30AM-12:30PM Insect Investigators (2Y) 11:30AM-12:30PM Wild Explorers (2Y) 3:00PM-4:00PM Creative Corner (3Y) 3:00PM-4:00PM Peek-a-Boo Storytime (3Y)	6 9:00AM-9:45AM Explore, Learn, & Play (FOR PRE-CRAWLERS ONLY) 9:30AM-10:30AM Baby Signs Part 2 (6W-6M) 10:30AM-11:30AM Are You Pregnant? (P) BILINGUAL 12:00PM-1:00PM Let's Move (1Y) 12:00PM-1:30PM Mamá con Mamá (P) FOR SPA SPEAKING MOMS 2:30PM-3:30PM Things that Move (1Y) 3:00PM-5:00PM T.E.A.M. Dad (P) FOR ENG SPEAKING DADS 5:00PM-6:00PM STEAM Along (4Y)	7 9:00AM-9:45AM Infant Massage (6W-5M) 10:00AM-12:00PM - KinderTools (4Y-5Y) ENROLLMENT CLOSED FOR FY 26-27 - RMTK (P) ONLY FOR KT PARENTS 3:30PM-4:30PM Let's Explore (2Y) 4:30PM-5:30PM Sanja Mann (P) FOR PUN/HIN SPEAKING MOMS 5:00PM-6:00PM Book Buddies (4Y-5Y)	8 9:00AM-10:00AM Help Me Grow (HMG) - BY INVITE ONLY 9:00am-10:00am Alphabet Mania Part 2 (3Y) CONTINUED. 10:00AM-11:00AM My Lileigh Pad Sensory Play (2Y-3Y) 10:30AM-11:30AM Help Me Grow (HMG) - BY INVITE ONLY 10:30AM-11:30AM Little Learners (2Y) 11:30AM-12:30PM Alphabet Explorers (3Y-4Y) OFFSITE - ENROLLMENT THROUGH PITTSBURG PUBLIC LIBRARY 2:00PM-3:30PM Roots & Wings: Growing Strong Black Futures (P) EQR AFRICAN-AMERICAN/ BLACK FAMILIES 3:00PM-4:00PM Summer to Fall (3Y) 4:00PM-6:00PM Full Court Dads (P) OFFSITE - ENG ONLY 5:00PM-6:00PM Dinosaur Explorers (3Y) FOOD PANTRY 🍷 12:30PM-1:00PM, 2:30PM-5:30PM	9 9:30AM-10:30AM Toddler Time (2Y) 10:00AM-11:00AM Zumbini (2Y-3Y) 10:00AM-11:00AM Ballet (3Y-5Y) 11:00AM-12:00PM Dance-Play-Learn (1Y) 12:00PM-1:00PM Parents Helping Parents (P) ENG ONLY	10 9:30AM-10:30AM Sensory Seekers (3Y) 11:00AM-12:00PM Hop, Bounce, Skip (2Y) 12:00PM-1:00PM Little Community Helpers (2Y-5Y)
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ADMINISTRATIVE WEEK			29 9:00AM-10:00AM Help Me Grow (HMG) - BY INVITE ONLY 10:30AM-11:30AM Help Me Grow (HMG) - BY INVITE ONLY Scan this QR code to access our Center's registration form (for new families), Class regular/waitlist enrollment form, digital session calendars and class descriptions.	CENTER PROGRAMMING HOURS Monday-Friday 9:00AM-1:00PM, 2:00PM-6:00PM Saturday 9:00AM-2:00PM PLEASE NOTE WE ARE CLOSED EVERY DAY FROM 1:00PM-2:00PM	IN-SESSION PLAY AREA HOURS PLAY AREA CLOSED ON: - Wednesday morning - Thursday afternoon Monday & Tuesday 9:30AM-12:30PM, 2:30PM-4:30PM Wednesday 2:30PM-4:30PM Thursday, Friday & Saturday 9:30AM-12:30PM

CHILDREN CLASSES

OFF-SITE CLASSES - CLASS TAUGHT IN A DIFFERENT LOCATION:

Alphabet Explorers (AGE GROUP: 3 YEARS-4 YEARS) ****ENROLLMENT THROUGH PITTSBURG PUBLIC LIBRARY****

This program will build alphabet awareness using interactive practice, and typical formats featuring interactive storytelling, sensory crafts, and movement activities.

IN-PERSON CLASSES:

Infant Massage (AGE GROUP: 6 WEEKS-5 MONTHS)

Infant Massage Class taught by a certified infant massage instructor. The first week parents will receive information about the importance and benefits of infant massage. The next 5 weeks a series of fun and loving massages are carefully incorporated in order to help parents develop a deeper bond with their babies and perhaps benefit their health, development and emotional health.

Explore, Learn, and Play (AGE GROUP: ONLY FOR PRE-CRAWLERS)

Children get to explore, learn and play, while they interact with other children. Parents/caregivers get to observe and learn about their child's development. This approach will help deepen their connections and set the foundation for raising independent, self-confident, resilient kids.

Baby Signs Part 2 (AGE GROUP: 6 WEEKS-6 MONTHS)

In this class, we will explore baby sign language with the main goal of supporting babies' early communication development. This is also an opportunity for families to learn useful tools to implement communication in daily life.

Dance-Learn-Explore (AGE GROUP: 1 YEAR)

A playful movement class designed for little ones and their caregivers. Through songs, simple motions, and sensory play, little ones are encouraged to crawl, wobble, stretch, and explore at their own pace while giving caregivers a fun way to move and connect with their child.

Let's Move (AGE GROUP: 1 YEAR)

Come and move along with your child while exploring additional gross motor age-appropriate activities that can be practiced at home as well.

Things That Move (AGE GROUP: 1 YEAR)

How do things move? In this class, we will work to learn about all the things that move around us including ourselves. Some activities include ball and car ramps and obstacle courses.

Let's Explore (AGE GROUP: 2 YEARS)

Children will enjoy hands-on activities, music and movement, sensory play, story time, art, and social interaction that support early language, motor, and developmental skills.

Little Learners (AGE GROUP: 2 YEARS)

Little learners is a hands-on, sensory-rich class where little ones move, touch, and discover through different activities. While exploring textures, sounds, and colors, helping to build coordination, balance, and sensory awareness. This playful class encourages curiosity, confidence, and joyful learning in a safe, nurturing environment.

Hop, Bounce, Skip (AGE GROUP: 2 YEARS)

Movement will be highly encouraged in this class with age-appropriate gross motor activities.

Insect Investigators (AGE GROUP: 2 YEARS)

In a world where insects are all around, we must investigate! Together each week the class will learn about different insects and explore activities to build many skills.

Toddler Time (AGE GROUP: 2 YEARS)

In this class we will explore many fun activities in order to practice many important skills such as sharing, problem-solving, exploring and socializing.

Wild Explorers (AGE GROUP: 2 YEARS)

Children will engage in hands-on learning through nature play,

sensory activities, stories, art, science experiments, music, and movement. This fun-filled class encourages curiosity, independence, creativity, and social growth while helping little explorers build confidence and early learning skills in a playful and nurturing environment.

My Lileigh Pad Sensory Play (AGE GROUP: 2 YEARS TO 3 YEARS)

Stories come to life through play! This sensory play class is a hands-on class designed especially for curious toddlers. Each week, enjoy a themed story followed by opportunities to explore sensory trays inspired by the book. Children will touch, scoop, pour, sort, discover, and create as they make connections between the story and their own play.

Zümbini (AGE GROUP: 2 YEARS TO 3 YEARS)

Come join in the fun in bonding with your child through music and reading. This class will help in the social, emotional and cognitive skills in children.

Little Community Helpers (AGE GROUP: 2 YEARS TO 5 YEARS)

Every community grows stronger when children learn that their kindness, ideas, and voices matter. Little Community Helpers: Small Hands, Big Hearts is a joyful experience where families discover the many ways people contribute to creating healthy communities throughout the African diaspora, which are also visible in our local community. Let's discover how you will contribute to your community.

Dinosaur Explorers (AGE GROUP: 3 YEARS)

Get ready for a roaring adventure! This fun and engaging class invites young children to explore the exciting world of dinosaurs through hands-on activities, stories, sensory play, art, music, and imaginative exploration.

Alphabet Mania (AGE GROUP: 3 YEARS) CONTINUATION - NOT AVAILABLE FOR ENROLLMENT

This is a playful, high-energy, multi-sensory class for three-year-olds. It introduces the English alphabet through engaging letter-recognition games, songs, crafts, and movement. The focus is on natural letter exposure, phonemic awareness, and building a lifelong love of language.

Creative Corner (AGE GROUP: 3 YEARS)

Come and explore your creativity, and see what you can create! From art to open-ended block activities to loose parts, come and create.

Nature Explorers (AGE GROUP: 3 YEARS)

Exploring nature can be adventurous. From plants, to insects, weather and animals. This is a class where little explorers learn patience, care, and respect for nature—while having lots of fun getting their hands a little dirty!

Peek-a-Boo Storytime (AGE GROUP: 3 YEARS)

Through books children will enjoy colorful stories, songs, music, and playful learning. Little ones build early literacy skills while making new friends in a warm and nurturing environment. Perfect for toddlers who love to wiggle, giggle, and explore!

Sensory Seekers (AGE GROUP: 3 YEARS)

In this class we will work on age appropriate multi-sensory activities designed to encourage infants with their tactile, visual and auditory stimulation.

Summer to Fall (AGE GROUP: 3 YEARS)

3 weekends of goodbye summer and 3 weekends of welcoming fall age-appropriate activities will be part of this class.

Ballet (AGE GROUP: 3 YEARS TO 5 YEARS)

Exposure to dance reinforces important life skills like creativity, discipline, and team participation. Come introduce young children to the Pre ballet techniques, focusing on proper body alignment, basic ballet skills and terminology, and musicality.

STEAM Along (AGE GROUP: 4 YEARS)

STEAM Along focuses on using fun, hands-on activities to explore Science, Technology, Engineering, Arts and Mathematics. Each class is designed to address a particular skill set by giving children an authentic learning experience related to a real-world context.

Book Buddies (AGE GROUP: 4 YEARS-5 YEARS)

Get your listening ears and looking eyes ready for this story adventure! In our classroom students will be exploring a new book

and theme every week using their creativity!

KinderTools (AGE GROUP: 4 YEARS) **ENROLLMENT CLOSED FOR THE FY 2026-2027**

In this class we will support the children in developing the linguistic, cognitive, social and emotional building blocks for later development. Providing the foundation for learning both socially and academically that will help your child succeed in kindergarten. With the use of age appropriate curricula children will use their skills and knowledge to help them acquire new skills and knowledge.

PARENTING CLASSES

OFF-SITE CLASSES - CLASS TAUGHT IN A DIFFERENT LOCATION:

Full Court Dads - ONLY FOR DADS

Full Court Dads is a 6-week fatherhood education and basketball program designed for fathers and father figures of children ages 0–5. The program combines physical activity, mentorship, and practical parenting education in a supportive, team-oriented environment. Meets at Highlands Ranch Park located off Buchanan Rd in Pittsburgh.

VIRTUAL CLASSES - THROUGH ZOOM:

Sisters in Parenting (P) ENG - FOR AFRICAN-AMERICAN MOTHERS

Sisters in Parenting is a nurturing and empowering safe space created for African American/Black mothers to come together in sisterhood. Rooted in cultural relevance and collective wisdom, this group centers on open dialogue, shared experiences, and meaningful connections. Dates: 09/15 & 10/13

HYBRID CLASSES - OFFERED THROUGH ZOOM AND IN-PERSON:

T.E.A.M. Dad (P) ENG - ONLY FOR DADS

Teach, Experience and Meaningful Conversation What does it mean to you to be a DAD? A space for dads where they can discuss things that matter the most to them and their families. Teach other dads and learn from different experiences. Have meaningful conversations about things dads experience daily. Discuss tips and tricks, share resources and more!

IN-PERSON CLASSES:

Are You Pregnant? (P) BILINGUAL: ENGLISH & SPANISH

Feeling nervous about labor and delivery? You're not alone! Join us for an informative class designed to help you feel confident, prepared, and empowered as you get ready to welcome your little one.

Hacer de la Familia un Placer para Parejas - SPANISH ONLY **CONTINUATION; ENROLLMENT CLOSED**

The goal of this class is to recognize that each home is unique, enabling both parents to agree on a parenting style and for this style to be carried out in a loving and positive environment.

Mamá con Mamá - FOR SPANISH SPEAKING MOTHERS

Looking for an opportunity to talk with other moms about their questions, joys, and challenges as a mom? Each week, this class will meet to discuss various parenting topics, such as staying organized, discipline, healthy food ideas, and more. It's more than a class: it's a support group: Moms Helping Moms!

Parents Helping Parents - ENGLISH ONLY

This is a supportive parent group designed to help families nurture emotional strength, coping skills, and confidence in their children—and themselves. Together, we'll explore navigating challenges with calm, connection, and growth.

Triple P - SPANISH ONLY

This is a 6 week program You will also learn effective parenting strategies, how to promote your child's development and how to manage common behavioral issues.

Roots & Wings: Growing Strong Black Families - ENGLISH ONLY

This 6-week joyful, affirming class supports Black families in nurturing

strong cultural roots and helping their youngest children soar. The class brings families together in a warm, interactive space that celebrates cultural pride, community connection, and parenting wisdom rooted in Afrocentric values.

Sanja Mann - PUNJABI/HINDI ONLY

Focused towards ALL families from South Asia, (facilitator speaks Punjabi, Hindi and Urdu), this curriculum based class gives parents an opportunity to share their thoughts and enhance parenting practices such as self-care, relationship skills, parenting, child development, etc.

EVENTS/ WORKSHOPS

To participate in our events and workshops, families must indicate their interest on the Class Enrollment Form. Interest emails are sent first, and if no response is received, we will assume they are no longer interested and offer the spot to another family.

East Bay Regional Parks: Insects (AGES: 2-YEARS-OLD TO 5-YEARS-OLD)

September 1st, 10:00AM-10:45AM

Join East Bay Regional Parks for a fun and educational presentation designed for young children and their families! Children will be introduced to some of the fascinating insects that live in our local parks while learning about where they live, what makes them unique, and the important role they play in nature. This engaging presentation encourages curiosity and helps little learners explore the natural world around them.

Air Filter Building Workshop (ADULTS ONLY)

September 3rd, 10:00AM-12:00PM

El Timpano brings us this engaging workshop to teach you how to create your own air purifier to protect you and their family from major air concerns that may trigger asthma and other breathing issues.

Dads BBQ Social (ONLY FOR DADS)

September 8th, 3:00PM-5:00PM

Join us for a laid-back evening where dads can meet, mingle, and make new connections over great food and good conversation. No agenda—just good food, good company, and a great time. Bring your appetite, your favorite dad joke, and get ready for an evening of bbq, laughs, and camaraderie. We can't wait to see you there!

Familia Fun Night (ADULTS, 0 MONTHS TO 5-YEARS-OLD)

Join us for an evening of laughter, connection, and cultural celebration at our **Familia Fun Night!** Enjoy a variety of traditional Hispanic-inspired games, fun activities, music, and opportunities to learn about the rich traditions and heritage of Hispanic culture.

Spooktacular Drop-In (ADULTS, 0 MONTHS TO 5-YEARS-OLD)

October 16th, 3:00PM-4:30PM

Celebrate the season with an evening of exploration, curiosity, and connection! All open ended activities will promote creativity, fine motor skills, sensory exploration, and joyful family interactions.

Exploring India on Diwali (ADULTS ONLY)

October 21st, 4:00PM-5:30PM

Our Diwali workshop for parents will focus on sharing festive traditions through hands-on art and cultural activities that parents can easily lead for children at home. Food will be shared!! Childcare will be provided.



East County First 5 Center's Linktree

Scan this QR Code to access our Center's registration form (for new families), digital session calendars, class descriptions and class enrollment/ waitlist form!

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